

Breakfast Bread Bonanza

Some days, you just want a little more for breakfast than a bowl of cold cereal with low-fat milk. But, time is often at a premium on a weekday morning, and getting out the bowls, spoons, and pans—not to mention all the ingredients—to whip up fluffy pancakes or crisp waffles can gobble up all the precious minutes you have to eat breakfast. And that’s not even counting the time it takes to actually prepare these breakfast breads. Luckily, all you need is a freezer and toaster to get your day started with a selection of easy bakery goods. Supermarket freezer shelves are lined with breakfast breads, including pancakes, waffles, bagels, English muffins and more—in a variety of flavors.

If you’re focused on health, should you stock up or steer clear of these items? Here’s how you can have your favorite breakfast bakery items, without sacrificing your goals.

Helpful hints. Keep these tips in mind when creating a quick, yet healthy, breakfast featuring convenient bakery items.

- **Seek out whole grains.** More and more whole grain breakfast breads are available; take advantage of them to help you reach your daily goal of at least three servings of whole grains (set by the U.S. Department of Agriculture), and also to increase your intake of valuable vitamins, minerals and fiber. But, don’t rely solely on the front of the package to see the ingredients; flip over the box or bag and check the ingredients listed on the back to make sure a whole grain (such as whole wheat or oats) is listed first. You can also look for the Whole Grains Council’s golden Whole Grain Stamp on a package, which tells you a product is a good source of whole grains.
- **Add some protein.** Typically, these bakery products are fairly low in protein, yet starting the day with a dose of protein can help keep you feeling satisfied throughout the morning. Spread your bread with nut butter, such as peanut or almond butter, or top it with low-fat cottage cheese or a hefty dollop of Greek yogurt.
- **Perfect for fruit.** Breakfast breads also make an ideal vehicle for getting a serving of fruit—consider sliced bananas on a bagel or fresh berries atop pancakes or waffles to get the first of your four daily fruit servings. in your own kitchen. **EN**

—Heidi McIndoo, M.S., R.D.

Breakfast Breads: A Nutrition Comparison

As with all EN comparisons, this is only a sampling of what’s available. Products are listed alphabetically.



✓ = **EN’s Picks.** Bagel picks contain no more than 250 calories (13% DV), 340 mg sodium (14% DV), and at least 4 g fiber (16% DV). English muffin picks contain no more than 240 mg sodium (10% DV), and at least 4 g fiber (16% DV). Pancake, waffle and French toast picks contain no more than 200 calories (10% DV), 340 mg sodium (14% DV), and at least 3 g fiber (12% DV).

Breakfast Breads	Serving Size (g)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Pro (g)
BAGELS									
Lender’s 100% Whole Wheat	1 (94)	210	1.5	0	41	6	6	420	10
Lender’s NY Style Cinnamon Raisin	1 (94)	250	1.5	0.5	51	3	11	380	8
Lender’s NY Style Whole Grain Multigrain	1 (94)	250	1.5	0	49	2	5	490	9
Lender’s Original Plain	1 (57)	140	0.5	0	29	1	2	300	5
Pepperidge Farm 100% Whole Wheat	1 (98)	250	1.5	0	49	6	9	300	11
Pepperidge Farm Everything	1 (98)	260	1.5	0.5	53	2	9	340	9
Pepperidge Farm Plain	1 (98)	260	1	0	54	3	10	330	9
✓ Thomas’ 100% Whole Wheat Bagel Thins	1 (46)	110	1	0	24	5	3	190	6
Thomas’ Cinnamon Swirl	1 (95)	270	2.5	1	52	3	10	450	9
✓ Thomas’ Plain Bagel Thins	1 (46)	110	1	0	25	4	3	210	4
Thomas’ Plain made with Whole Grain	1 (95)	260	2	0.5	52	3	7	480	10
ENGLISH MUFFINS									
✓ Barowsky’s Organic 100% Sprouted Whole Wheat	1 (66)	130	1.5	0	27	5	2	230	7
Barowsky’s Organic Plain	1 (61)	140	1	0	28	1	2	280	6
✓ Fiber One Hearty Wheat Multigrain	1 (57)	100	1	0	24	8	2	150	5
✓ Fiber One Original	1 (57)	100	1	0	23	6	2	230	5
✓ Food for Life 7 Sprouted Grains	1 (76)	160	2	0	32	6	0	240	8
✓ Food for Life Ezekiel 4:9 Cinn Raisin Whole Grain	1 (76)	160	2	0	32	4	10	170	6
✓ Thomas’ Double Fiber Honey Wheat	1 (57)	120	0.5	0	27	5	2	220	5
Thomas’ Multigrain	1 (57)	150	2.5	0	27	2	3	160	5
✓ Thomas’ Triple Health	1 (52)	100	1	0	25	6	<1	130	4
✓ Vermont Bread Company Multigrain	1 (61)	130	3	0	24	4	1	180	6
WAFFLES, PANCAKES, FRENCH TOAST									
✓ 365 Organic Blueberry Waffles	2 (70)	180	7	1	28	3	5	270	4
✓ 365 Organic Flax Waffles	2 (70)	190	8	1	25	3	4	320	5
✓ 365 Organic Homestyle Waffles	2 (70)	200	7	1	30	3	5	290	4
365 Organic Whole Wheat Pancakes	3 (117)	210	3	1	42	5	7	420	7
Aunt Jemima Blueberry Pancakes	3 (105)	260	6	1	45	1	14	470	6
Aunt Jemima Homestyle French Toast	2 (118)	210	4	1	34	1	6	340	6
Aunt Jemima Lowfat Waffles	2 (70)	160	3	0	28	<1	3	460	4
Aunt Jemima Oatmeal Pancakes	3 (105)	230	3.5	1.5	39	4	11	380	7
Aunt Jemima Whole Grain French Toast	2 (118)	210	4	1	34	1	6	340	6
Aunt Jemima Whole Grain Pancakes	3 (103)	240	6	1	42	3	10	450	5
✓ Kashi Waffles 7 Grain	2 (72)	150	5	0.5	25	7	3	340	4
✓ Kashi Waffles Blueberry	2 (72)	150	5	0.5	25	6	3	340	4
Kellogg’s Eggo Buttermilk Waffles	2 (70)	190	8	2	27	<1	2	370	5
Kellogg’s Eggo Homestyle Lowfat Waffles	2 (70)	160	2.5	0.5	31	<1	4	280	4
Kellogg’s Eggo Nutri-Grain Whole Wheat Waffles	2 (70)	170	6	1.5	26	3	3	400	5
Trader Joe’s Authentic Belgian Waffles	1 (40)	130	5	5	16	1	3	120	2
Trader Joe’s Blueberry Waffles	2 (78)	220	9	2	33	2	5	440	5
Trader Joe’s Lowfat French Toast	1 (57)	110	3	1	15	1	4	240	5
Trader Joe’s Multigrain Toaster Waffles	2 (78)	230	9	1	31	2	7	330	5
✓ Van’s 8 Whole Grains Pancakes	2 (88)	150	1.5	0	34	6	2	210	4
✓ Van’s 8 Whole Grains Waffles Berry	2 (80)	190	6	0.5	34	8	5	260	4
Van’s Belgian Waffles Homestyle	2 (76)	190	5	0	32	1	7	290	4
Van’s Totally Natural Lite Waffles	2 (76)	140	2	0	30	6	3	240	3

Note: fl oz = fluid ounce, g = gram, mg = milligram, DV = Daily Value, daily requirement based on 2,000 calorie/day diet. Source: company websites and product packages.